SERENA WILLIAMS NABS NEW TROPHY

THE TENNIS CHAMP SPOTTED KISSING RAPPER DRAKE. PAGE 15

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Eminent domain pain

Rebuilding. The PHA's plan to revitalize a North Philly community is supported by local leaders, but the use of eminent domain has some local property owners on edge. PAGE 02

Martin Rembert in front of the Blumberg towers, a PHA housing complex in North Philadelphia. / CHARLES MOSTOLLER, METRO

Charges against AG Kane upheld

PAGE 04

Shannyn Sossamon isn't a scary movie fan

PAGE 16

Eagles' Kelly disagrees with NFL head referee

PAGE 26

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1 NEWS

Top 3

The best of Metro.us

1 'Video: "Either you buy these tickets, or I take your car"'

2 'Men accused of plotting Pokemon attack talked violence online'

3 'Bushwick is Bern-ing: Young Brook-lynites get behind Sanders presidential bid'

On the go

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Clockwise from left: property owner Martin Rembert in front of the Blumberg towers, PHA president Kelvin Jeremiah, and property owner Michael Scott. / CHARLES MOSTOLLER

Stuck in eminent domain 'game'

Properties. Amid plans to build a new housing project in North Philly, locals claim the PHA is trying to buy their land cheap.

Rebuilding a community

The PHA's Blumberg-Sharswood Housing project plan calls for 1,200 market-rate and affordable housing units. It is expected to take a decade and cost $529 million and involves tearing down the decaying Blumberg towers.

- Phase one of the new housing project, which involves building 57 units at a cost of $22 million, began last week.

Rashida Young, 31, is a home health-care aide who moved into a home on Sharswood Avenue with her husband and two daughters earlier this year.

But she can't stay there long because the house is being bought by the Philadelphia Housing Authority (PHA) under eminent domain to make room for a planned housing development.

"I like it here. There's yards for the kids to play in. The block is quiet. Everybody looks after each other," Young said. "They choose to take a whole neighborhood away. I feel like, how can they just uproot families?"

The new housing project is intended to revitalize the community north of Girard College, on the borders of Brewerytown, Strawberry Mansion, Sharswood and Francisville. But in the process, the use of eminent domain is leaving some local property-owners feeling disenfranchised.

"I think the development's great," said Martin Rembert, Young's landlord. "However, I think what they're offering the landowners there is actually disrespectful."

Rembert said he was offered a third of the price that he had Young's home, which he renovated, appraised for.

PHA president Kelvin Jeremiah said negotiations are ongoing and that some property owners are "speculating."

"I understand the game," Jeremiah said. "You couldn't give people these properties, frankly. Now, you have a lot of folks who are speculating. I saw yesterday, as I was touring the area, a gentleman whitewashing an abandoned vacant building."

"They're the ones playing games, trying to steal our properties," said Michael Scott, who owns three properties in the area that are being purchased by the PHA and who says he is being underbid. "I got my properties to benefit my daughter."

Scott produced a letter from the PHA offering $20,000 for a property that real estate website homesnap.com lists as having an estimated value of $100,000.

Scott said PHA's offers don't take into account the renovations he's performed on his properties.

"In the event the offer PHA made is too low, and an owner wants to contest it, they will go through a process to provide evidence that a property is worth more than PHA assessed it to be. That's part of the process," Jeremiah said.

But for Young, the process is destabilizing her life.

"For somebody to tell me, 'Oh, you have to move, and there's nothing you can do about it,'" Young said. "That's the City of Brotherly Love?"

SAM NEWHOUSE
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Analysis

Public benefit?

Eminent domain can't be used to give properties to private developers in Pennsylvania, but it can be used to give land to public agencies like the PHA. Even so, the practice is problematic, said Christina Walsh, director of activism and coalitions at the D.C.-based Institute for Justice.

"It's unsurprising that this neighborhood is being targeted," Walsh said. "Eminent domain ... disproportionately affects minority communities and those that are less well off."

"Just because a use is public doesn't mean that the use of eminent domain isn't abusive — it still destroys communities and destroys people's lives."

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Kane in court: Perjury charges upheld

Conflict. Embattled AG Kane faces charges of perjury, official oppression and more.

Attorney General Kathleen Kane was held for court Monday on all charges related to allegedly illegally leaking grand jury information to embarrass a political foe and then lying about it.

She faces a charge of perjury as well as three counts of obstruction of justice, four counts of official oppression and one count of false swearing. Magisterial District Judge Cathleen Rebar decided the prosecution had presented enough evidence to send the case for a full trial in Common Pleas Court.

Kane, 49, has resisted widespread calls for her resignation, including from Governor Tom Wolf, a fellow Democrat. She says she is innocent and has accused her enemies of prosecuting her to hide their involvement in a pornographic email scandal that rocked the state last fall.

According to the grand jury presentment against her, Kane illegally leaked grand jury information to embarrass prosecutor Frank Fina, whom she blamed for an Inquirer article investigating a controversial sting that she shut down. **REUTERS**

Kathleen Kane / CHARLES MOSTOLLER

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Philadelphia

Four murders solved as two more happen over weekend

Police announced Monday that three suspects were arrested for four recent murders, with one man charged in two recent murders and another arrested for a murder three years ago.

Kyree Darrisaw, 28, of Wynnefield, was charged with two slayings in which the victims were fatally shot in the head. Police charged Darrisaw with the May 10 murder of Basil Amir Anderson, 23, of West Philly, and the Aug. 4 murder of Meshach Brightly, 21.

Tyree Peel, 27, of Southwest Philly, was charged with the Aug. 15 murder of Thomas Holman, who died from multiple gunshot wounds.

Aka Jones of Northwest Philly was arrested for the July 27, 2012 murder of Nafis Armstead, 23, who died from multiple gunshot wounds.

Meanwhile, police are seeking information on two weekend murders. Justin Jones, 37, was found shot to death on Aug. 21 in Northeast Philly. On Aug. 22, Hassan Williams, 21, was found shot to death in West Philly.

Anyone with information about these crimes is asked to call 215-686-TIPS. **METRO**

Summer's last splash

A boy makes a fashionable jump into Vare swimming pool in South Philadelphia Monday on a hot and muggy afternoon. Vare is one of the nine public swimming pools that are remaining open for the rest of the week. Temps hit 90 Monday and forecasters say they'll stay in the upper-to-mid 80s for the rest of the week. / CHARLES MOSTOLLER

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Dow suffers worst day in four years

Stock traders across the nation and around the world were in for a roller-coaster day. / GETTY IMAGES

Freefall. A roller-coaster day on Wall Street ended with the Dow down almost 600 points.

Wall Street had stayed in a narrow range for much of 2015, but volatility jumped this month as investors became increasingly concerned about a potential stumble in China's economy after Beijing surprisingly devalued its currency.

Some investors unloaded stocks ahead of the close after looking to make money from volatile price swings earlier in the session.

"If things don't settle down in China, we could have another ugly open tomorrow, and you wouldn't want to be caught holding positions you bought this morning," said Randy Frederick, managing director of trading and derivatives for Charles Schwab in Austin.

The Dow Jones industrial average .DJI closed down 588.4 points, or 3.57 percent, at 15,871.35.

The S&P 500 .SPX lost 77.68 points, or 3.94 percent, to 1,893.21, putting it formally in correction mode.

An index is considered to be in correction when it closes 10 percent below its 52-week high. The Dow was confirmed to be in a correction on Friday.

The Nasdaq Composite .IXIC dropped 179.79 points, or 3.82 percent, to 4,526.25, also in correction.

The CBOE Volatility index .VIX, popularly known as the "fear index," briefly jumped as much as 90 percent to 53.29, its highest since January 2009. REUTERS

Missouri. New judge overhauls troubled Ferguson court system

A new municipal judge in Ferguson, Missouri, on Monday ordered sweeping changes to court practices in response to a scathing Justice Department report following the shooting of unarmed black teenager Michael Brown a year ago.

Municipal Court Judge Donald McCullin, appointed in June, ordered that all arrest warrants issued in the city before Dec. 31, 2014, be withdrawn.

Defendants will receive new court dates along with options for disposing of their cases, such as payment plans or community service. Fines may be commuted for indigent people.

Quoted

"These changes should continue the process of restoring confidence in the court ... and giving many residents a fresh start."

McCullin, said in a statement

The changes come five months after the U.S. Department of Justice strongly criticized city leaders in its report, saying the police force and court worked together to exploit people in order to raise revenue.

The Justice Department specifically said Ferguson's municipal court practices caused significant harm to many people with cases pending as minor municipal code violations turned into multiple arrests, jail time and payments that exceeded the cost of the original ticket many times over.

REUTERS

Years in prison

3,318

The California native could ultimately be sentenced to a maximum of 3,318 years in prison, in addition to the mandatory life sentences, prosecutors said.

James Holmes yawns while he appears in court to be formally sentenced. Victims and their families were given the opportunity to speak about the shooting and its effects on their lives. / GETTY IMAGES

Holmes is 'monster' and is destined for 'hell,' victim says

Shooter. Holmes showed no reaction as a procession of victims addressed the court.

The Colorado movie massacre gunman is destined for the "darkest, most painful part of hell," a sobbing victim testified on Monday at the start of a three-day hearing after which James Holmes will be formally sentenced to life with no parole.

"I will never forgive the monster that sits in this courtroom, smiling and laughing with his defense attorneys when the jury and your honor are out of the room," said Anita Busch, whose second cousin, Micayla Medek, was among the 12 people Holmes killed.

She said there were no words to explain the agony and despair that Holmes had put their families through.

"[He] will reside in the deepest, darkest, most painful part of hell."

The 27-year-old was found guilty last month of murdering 12 people and wounding 70 during his July 2012 rampage at a packed midnight screening of a Batman film in the Denver suburb of Aurora.

The jury did not reach a unanimous decision to execute the former neuroscience graduate student, meaning he will get a life sentence.

About 100 victims are expected to testify at this hearing. They cannot address Holmes directly.

Megan Sullivan described for the court becoming an only child when her brother Alex was murdered.

While the first-degree murder convictions carry a dozen automatic, consecutive life sentences with no parole, Arapahoe County District Court Judge Carlos Samour must formally impose the penalties. **REUTERS**

Quoted

"No amount of justice will make up for the loss."

Megan Sullivan, her voice choked with emotion

Kabul

DynCorp names three US employees killed in Afghanistan blast

U.S. company DynCorp International on Monday named three employees who were killed by a car bomb that hit their armored car in Kabul over the weekend, saying the men all worked on a program to train the Afghan army and police.

The suicide attack outside a hospital on a busy residential street killed nine Afghan civilians and wounded more than 60. It was one of several attacks on military, civilian and foreign targets in recent weeks in the Afghan capital.

Two of the men, Richard McEvoy, 57, and Barry Sutton, 46, were from the state of Georgia, while the third, Corey Dodge, 40, was from Maine, the company said in a statement.

McEvoy was a retired U.S. Army colonel who joined the company in 2008. He managed a largely U.S.-funded program to advise and mentor Afghanistan's police and army which the other two also worked on. **REUTERS**

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Duo accused of scheme to shoot up Boston Pokemon tourney in court

Discard pile.
Suspects talked of "bullet holes" and a "Boston Massacre," authorities said.

The two men charged Monday for threatening an attack on the Pokemon World Championships in Boston boasted about their plans online, police said.

Kevin Norton, 18, and James Stumbo, 27, both of Iowa, were held without bail pending a Sept. 1 dangerousness hearing for what authorities have called serious threats against the competition, which was attended by thousands, many of whom were children.

Police reportedly found two high-powered firearms, a pile of ammunition and a hunting knife on Friday in a vehicle the pair were driving. They were arrested in a Saugus, Massachusetts, hotel room Saturday, police said.

"Inside, there were a lot of kids," Boston Police Commissioner William Evans told reporters. "Thank God we were able to cut off whatever these two individuals coming from Iowa were up to."

After receiving tips from convention center authorities — who first were tipped off by Pokemon leadership — police stopped the pair as they tried to enter the Hynes Convention Center on Thursday. Police released the two and seized their car pending a search warrant then arrested the men on Saturday, police said.

Evans on Monday could not say whether the two were being monitored by police during the time they were released from custody. He said police believed the threat had been neutralized when officers seized the weapons and added the men had not yet checked into the Saugus Red Roof Inn when their vehicle was impounded.

James Stumbo, left, and Kevin Norton, right, both of Iowa, enter the courtroom to attend their arraignment at Boston Municipal Court. / CHITOSE SUZUKI, POOL PHOTO

Messages online from the suspects included references to "bullet holes" and "creating another 'Boston Massacre,'" authorities said, as well as nods to the Columbine High School shootings.

"There were alarming social media posts, specifically Facebook forums, relative to threats of violence at the Pokemon World Championships," Suffolk County Assistant District Attorney Joseph Janezic said before praising law enforcement at Monday's arraignment.

Prosecutors said that Stumbo posted a status update saying, "My AR-15 'you lose.'" Norton's Facebook page has photos of him firing guns, officials said.

Defense Attorney Steven Goldwyn said that the charges against Stumbo all pertain to possession, which he said did not qualify as probable cause for arrest because he was not in control of the car.

"The firearms were not found on his person," Goldwyn said. "He was not in possession of the firearms or the ammo and does not own the car."

The two were said to have traveled from Iowa with a 12-gauge Remington shotgun and 244 shells, a DPMS model AR-15 assault rifle with a high-capacity clip, a scope and 40 rounds, as well as a hunting knife in the car. Neither have criminal records.

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Five things you need to know

1 France honors Americans, Briton who disarmed train gunman

French President Francois Hollande on Monday awarded France's highest honor, the Legion d'honneur, to three U.S. citizens and a Briton who helped disarm a machine gun-toting suspected Islamist militant on a train last week.

"Faced with the evil called terrorism, there is a good — that's humanity. You are the incarnation of that," Hollande told the four men.

Spencer Stone, a 23-year-old U.S. airman traveling with two friends on the train from Amsterdam to Paris on Friday, told reporters on Sunday how he plugged the blood-spurting wound of another passenger with his fingers after he himself was wounded by the attacker.

"I just stuck two of my fingers in the hole, found what I thought to be the artery, pushed down, and the bleeding stopped," he said at a news conference alongside his friends, student Anthony Sadler, also 23, and National Guardsman Alek Skarlatos, 22. REUTERS

STONE / GETTY IMAGES

2 Drone with drugs, porn seized near prisons, two arrested

Two men have been arrested for allegedly trying to fly drugs and pornography into Maryland prisons using a drone, authorities said on Monday, the second U.S. prison incident involving drones in a month.

The men were arrested late on Saturday near the Western Correctional Institution and the North Branch Correctional Institution at Cumberland in western Maryland, the state prison department said.

A spokesman said officers seized pornographic video discs, tobacco, a loaded handgun, illegal drugs and the drone. REUTERS

3 Louisiana trooper dies after being shot in head

A Louisiana trooper died after being shot in the head by a man who told him, "You are going to die soon," Louisiana State Police said on Monday.

Senior Trooper Steven Vincent, 43, had pulled over to assist the driver of a Dodge pickup truck in a ditch on Sunday afternoon, state police said.

The driver, Kevin Daigle, who was driving recklessly earlier, then pulled out a sawed-off shotgun and fired, striking the trooper in the head. A camera in the officer's vehicle captured the shooting on videotape, authorities said. REUTERS

VINCENT

4 FTC has authority to police cybersecurity

A U.S. appeals court said the Federal Trade Commission has authority to regulate corporate cybersecurity and may pursue a lawsuit accusing Wyndham hotels of failing to safeguard consumers' information.

Monday's decision by the 3rd U.S. Circuit Court of Appeals in Philadelphia upheld an April 2014 lower court ruling allowing the case to go forward.

It arose from breaches in 2008 and 2009 in which hackers broke into Wyndham's computer system and stole credit card information from more than 619,000 consumers, leading to $10.6 million in fraudulent charges. REUTERS

5 Apple to replace some iPhone 6 Plus cameras over blurry photos

Apple said it would replace a limited number iPhone 6 Plus phone cameras due to faulty back cameras that take blurry photos.

The affected phones were mostly sold in a four-month period between September 2014 and January 2015.

The company said a small component in the affected 6 Pluses' iSight back camera may fail.

Apple said it would replace the phones' cameras free of charge if they take blurry photos and fall into a particular serial number range. REUTERS

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Police. Two may have committed suicide after Ashley Madison hack

At least two people may have committed suicide following the hacking of the Ashley Madison cheating website, Toronto police said on Monday, warning of a ripple effect that includes scams and extortion of clients desperate to stop the exposure of their infidelity.

Avid Life Media Inc., the parent company of the website, is offering a $379,132 reward to catch the hackers.

In addition to the exposure of the Ashley Madison accounts of as many as 37 million users, the attack on the dating website for married people has sparked extortion attempts and at least two unconfirmed suicides, Toronto Police Acting Staff Superintendent Bryce Evans told a news conference.

The data dump contained email addresses of U.S. government officials, U.K. civil servants and workers at European and North American corporations, taking already deep-seated fears about Internet security and data protection to a new level.

Bryce Evans / YOUTUBE

Quoted

"Your actions are illegal and will not be tolerated. This is your wake-up call."

Evans addressing the so-called "Impact Team" hackers directly during the news conference.

"To the hacking community who engage in discussions on the dark web and who no doubt have information that could assist this investigation, we're also appealing to you to do the right thing," Evans said. "You know the Impact Team has crossed the line. Do the right thing and reach out to us."

Police declined to provide any more details on the apparent suicides, saying they received unconfirmed reports on Monday morning.

"The social impact behind this [hacking] — we're talking about families. We're talking about their children. We're talking about their wives. We're talking about their male partners," Evans told reporters.

"It's going to have impacts on their lives. We're now going to have hate crimes that are a result of this. There are so many things that are happening. The reality is … this is not the fun and games that has been portrayed."

REUTERS

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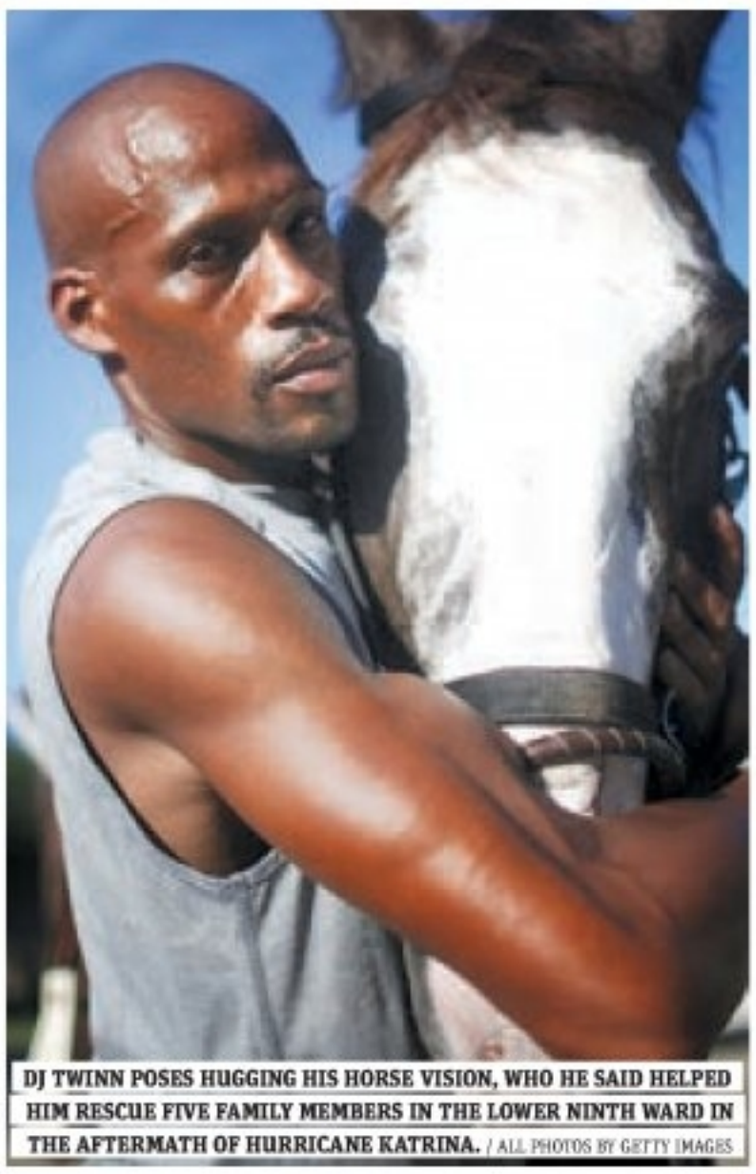
Faces of New Orleans 10 years



DJ TWINN POSES HUGGING HIS HORSE VISION, WHO HE SAID HELPED HIM RESCUE FIVE FAMILY MEMBERS IN THE LOWER NINTH WARD IN THE AFTERMATH OF HURRICANE KATRINA. / ALL PHOTOS BY GETTY IMAGES

STREET PERFORMER MARIE FRANCOIS SAID SHE LOST HER HOME DURING HURRICANE KATRINA AND WAS ONLY ABLE TO RETURN TO NEW ORLEANS THREE YEARS LATER.

CALVIN JONES SAID HE AND HIS FAMILY WERE RESCUED FROM THE HURRICANE KATRINA FLOODWATERS SURROUNDING HIS HOME BY A COAST GUARD HELICOPTER.

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after Katrina

YOUNG BOXER KENTRELL DANTZLER AT THE RUNNING BEAR BOXING CLUB – THE GYM WAS DESTROYED DURING HURRICANE KATRINA, AND IT TOOK ABOUT THREE YEARS FOR THE CLUB TO BE REBUILT.

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Monitor. ISIS attacks, kills 51 Syrian soldiers in north Aleppo base

Attacks by Islamic State militants have killed 51 Syrian soldiers holed up in an air base in the northern province of Aleppo this month, a monitor said on Monday.

The Britain-based Syrian Observatory for Human Rights said government forces kept up air strikes against Islamic State in the area to hold militants at bay as the jihadist group stepped up offensives against both government forces and other insurgents it is battling in northern Syria.

The Observatory, which tracks the conflict using sources on the ground, said at least 40 of those killed during two separate Islamic State attacks on the Kweiris air base east of Aleppo city were officers.

Islamic State waged a three-day assault from Aug. 9-12, and had begun another two days ago, the Observatory said, using car bombs in a bid to overrun the base where government forces have long been besieged by the jihadists.

The Observatory said fighting around the air base had killed at least 62 Islamic State militants, including group leaders.

The Observatory also reported that relatives of the besieged Syrian soldiers had rallied dozens of people in government strongholds in western Syria in demonstrations that urged the government to end the siege. The protests took place in areas in the coastal provinces of Latakia and Tartous, it said.

The United States and Turkey are meanwhile waging an aerial campaign to drive Islamic State from the northwest, near the Turkish border. REUTERS

GETTY IMAGES

North, South Korea reach agreement

North and South Korea reached agreement early on Tuesday to end a standoff involving an exchange of artillery fire that had pushed the divided peninsula into a state of heightened military tension. Under the accord reached after midnight on Tuesday morning after more than two days of talks, North Korea expressed regret over the recent wounding of South Korean soldiers in a landmine incident and Seoul agreed to halt anti-Pyongyang propaganda broadcasts, both sides said. REUTERS

Michel Temer

Brazil VP drops liaison role, remains in Rousseff government

Brazilian Vice President Michel Temer has decided to drop his role as day-to-day political coordinator in Congress for President Dilma Rousseff but is not leaving her government, two sources in the administration said on Monday.

Temer is an important ally of the embattled Rousseff and his decision will further hamstring the unpopular president, who is facing calls for her resignation or impeachment as the economy flounders.

The sources said Temer would no longer handle Rousseff's political relations with coalition allies, which have been tense due to corruption allegations and disagreement over budget cuts. REUTERS

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ALL PHOTOS GETTY IMAGES

1 Drake and Serena, in Cincinnati, K-I-S-S-I-N-G

Thanks to some super-grainy cellphone pictures posted to TMZ, we have pretty solid confirmation that there's truth to the rumors about Drake and Serena Williams being an item that have been floating around all summer. The pair dined at a swanky Cincinnati restaurant — apparently Cincinnati has fancy restaurants, who knew? — and were spotted looking extra cozy and lip-locked. Earlier that same day, Williams won the local WTA tournament with Drake doing his new regular thing: watching her play from the stands. Hey, it beats fending off Meek Mill jabs, right?

THE WORD

Ned Ehrbar takes on the world of gossip.

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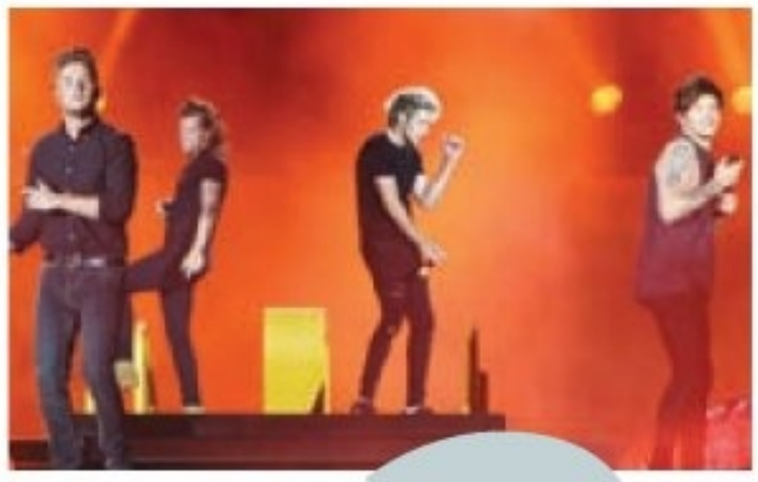
How One Direction will spend their breakup time



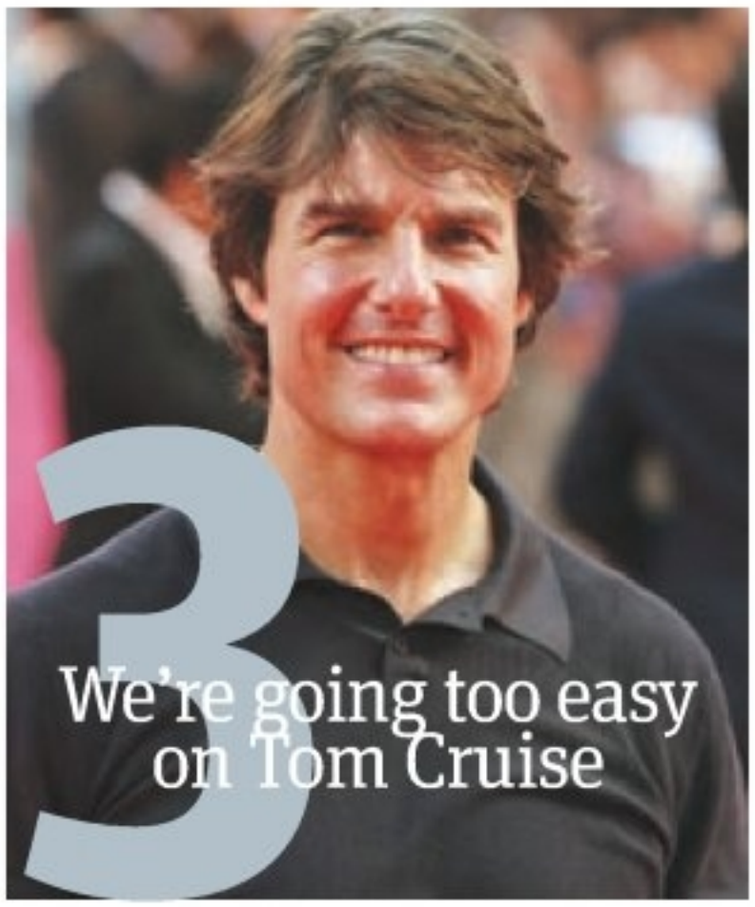
While fans are still reeling from the news that One Direction is reportedly splitting up next year to focus on solo projects, I've already moved on to prognosticating how they'll be enjoying their newfound freedom. (Yes, the obvious answer is "doing whatever Simon Cowell tells them to do," but still.) So, after this tour wraps up in October and their new album comes out in February, what will the boys eventually be doing with themselves? Funny you should ask.

Harry Styles: Freed from his boy band shackles, the de facto frontman will likely abandon music altogether in pursuit of cheeky film and TV cameos and, I dunno, opening a salon or something.

Liam Payne: The "serious" one will probably put out a collection of his take on Frank Sinatra's oeuvre. It'll be as terrible as it sounds.

Liam Tomlinson: He'll have that baby with that woman he totally got pregnant, then maybe schedule some male bonding time with Styles.

Niall Horan: Who? Oh right, the Irish one. Riverdance. Definitely Riverdance.



3 We're going too easy on Tom Cruise

Journalists, you're letting Paul Haggis down. The "Crash" director — and former Scientologist — is disappointed that Tom Cruise made it through his entire "Mission: Impossible — Rogue Nation" press tour without having to address any questions related to Scientology. "We forgive anybody anything if they're a movie star, I guess," Haggis tells the Daily Beast. "That's not his fault. His PR people are very smart." Haggis sees one main culprit in all of this: entertainment journalists. "I don't know how journalists can continue to call themselves journalists if they aren't brave enough to ask a question," he says. "There are things called journalistic integrity, and there are things more important than promoting a movie sometimes. It was so glaringly obvious. There was this huge elephant there, and every journalist agreed not to address it. Why? You're just a PR person at that point. Shame on you." Way harsh, Paul.

Missy Elliott joining 'The Voice'

"The Voice" keeps getting more crowded, as now Missy Elliott has signed on to serve as an adviser for Pharrell Williams' team when the show returns Sept. 21, according to E! News. Previous advisers for Williams' team have included Lionel Richie and Alicia Keys, so it will be interesting to see what advice someone who is not necessarily a singer has for the contestants. For the ninth season, Elliott joins ranks that already include Selena Gomez for Gwen Stefani's team and Brad Paisley for Blake Shelton's. Adam Levine, on the other hand, is going with ... John Fogerty? Sure, I guess. And, as NBC previously announced, Rihanna will be advising all contestants, regardless of spinny-chair judge affiliation.

Daily video

Friends with benefits?

BuzzFeed asked some Australian ladies to discuss the possibilities of the whole "friends with benefits" situation, and — unsurprisingly — the resulting video is not even two minutes long. "There's one time that friends with benefits can work, and that is literally right out of high school or in college," one lady says. "It's one of those things people think can work, but when they try it out practically, it just gets messy." Duly noted.

Someone looks skeptical.
BUZZFEEDYELLOW, YOUTUBE

2 CULTURE

Twitter feed

Today, RuPaul is feeling motivational, Mark Duplass is making predictions, Steven Soderbergh has regrets, Tyra Banks is making sacrifices and even Pam Grier is into this whole hoverboard nonsense.

@RuPaul: Your soul is made of stars. We are all stars.

@ MarkDuplass: "The day they verified me on Twitter was the day it all started going to s—." - someone's bestselling autobiography, 2023

@Bitchuation: I would have KILLED to direct THE FRENCH LIEUTENANT'S WOMAN. Problem is I was eighteen and nobody asked.

@tyrabanks: Do I want to get up at the crack of dawn tomorrow? No. Do I want to run my world? Yes. So I'ma get my ass up at the crack of dawn.

@PamGrier: Nuevo Hoverboard is on its way!

Shannyn Sossamon will not watch horror

Interview. The actress may not like the "Sinister 2" genre, but she still wants you to go see it.

In "Sinister 2," out now, Shannyn Sossamon plays a mother trying to protect her boys from an abusive dad — and, eventually, an evil ghost. / FOCUS FEATURES

SHANNYN SOSSAMON
GETTY IMAGES

In "Sinister 2," Shannyn Sossamon plays a mom trying to protect her twin sons from an abusive dad from whom she's run away … and also an evil spirit named Bughuul who, unbeknownst to her, has its sights on her sons. As it turns out, Sossamon, a mother of two, can't relate to either staying with a bad husband or the horror genre, despite occasionally working in it. But it was the drama aspect that appealed to her anyway, feeding into her belief that true horror and dysfunction starts at home.

I heard you aren't a fan of horror movies.
It's true. Yes, I am not, and I don't see them in the theater, and I don't stop on them when I'm watching television, which I don't watch much of. But I do think you should see "Sinister 2" in a theater! [Laughs]

Is it that you freak out when watching them?
I just get scared too easily. I'm a drama queen about it. I don't want to put my nervous system through that. But I do love a good psychological thriller. I did go see "The Babadook," which people had been telling me I had to see. And I did enjoy it. It was scary, but there were parts that were really amazing.

Regardless of how you feel about the genre, in "Sinister 2" you're not really involved in the horror business until the end. For most of it, you're a mother trying to protect her kids from an abusive father.
She's unaware of it until the end, so I had to focus on that. I remember speaking with the director [Ciaran Foy] before the shoot started, and that's what he wanted: "This is a family story, and I wanted it to be just as important as the horror." What I also thought was really beautiful is that he wanted to show the link between the ghoul and dysfunctional parenting — how the chain of evil starts in the home, in the way we raise our children.

How much did you draw on your own experiences as a mother?
It was my ticket in, as far as stakes go. She's trying to protect her kids, trying to make a better life for them. But there were other things I had to work on that I couldn't quite relate to.

Did you do research into victims of spousal abuse?
That was a huge question. I had to figure out why she stayed with him for so long, because I can't relate. I did find little links. It really is hard for women to see that it's unhealthy. They don't know it because the love is so strong at first. I think when you fall in love with people, at first they can do really crazy things. You can go blind because of the original feeling you had for them. [The abuse] wasn't happening at first. It just started to happen later. And then it got a little worse and a little worse. I was able to figure out why she was with him for so long.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

One more thing

Then and now

You've spoken about how when you were first in movies, as an unknown in "A Knight's Tale," you had to struggle to learn the craft on the job, in front of everyone. Do you feel more comfortable with acting these days?
I have fallen in love with being an actor, for sure. It was little by little over the years. It grows and grows. To be really good at anything, you need a fierce, passionate desire. I'm glad I'm finally there. It's a lot more fun now. It just took me some time.

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Dig it

Film. Erstwhile writer Jake Johnson reteams with Joe Swanberg for "Digging for Fire."

Johnson digs too deep in "Digging for Fire." / THE ORCHARD

Jake Johnson and director Joe Swanberg have a simple formula for their indie dramas: frame a loose story and let some talented friends come in and act their way around in it. Their latest, "Digging for Fire," involves a married couple (Johnson and Rosemarie DeWitt) using a house-sitting stint in L.A. to have some wild times.

When setting up a story like this, how much of it is plot-driven?
I don't want to make a movie just about four people sitting in a room talking, but when you make a Joe Swanberg movie, it is a character study. We don't want to compete with "Jurassic World" with this movie.

Well, you wouldn't want to hurt your own box office either way.
Right. [Laughs] It's just not going to work. If you're looking for a movie like that, this one isn't for you. But if you like movies about characters, we wanted to make a movie that really works in that world.

How much do you worry about likability with these characters?
You mean like with the cocaine? I don't worry too much about likability and if people like somebody or don't like somebody. I don't think movies need to be for everybody. If there are people who find these characters despicable, I'm sure in the content world of 2015 there is something else for you. [Laughs] I mean, Xbox has a channel now of original content.

JOHNSON
GETTY IMAGES

This film feels fairly unscripted.
That's right. It's very naturalistic. We wanted to make a movie that was very about 2015 in Los Angeles, and it felt like everything could be real even though it gets a bit fantastical. We wanted to ground it in a world that felt real to us.

I don't know that anything in it is necessarily fantastical.
How about making out with Orlando Bloom on a beach?

Well, that's never happened to me. Yet.
That's right. Fingers crossed! [Laughs]

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

One more thing

You went to Sundance with this. How is it to revisit it several months later?

I didn't realize how many questions I would get because of the "written by" credit, which is really more of a union thing. I didn't realize how much, when you put a credit onscreen, is that the focal point [in interviews]. Like producing. The reason I produced it and had the credits I had is because Joe and I also finance these movies. So we just like everything being 50/50 because we're not good math guys. [Laughs] We're not looking to make a billion dollars off of these movies, but we just want everything clean.

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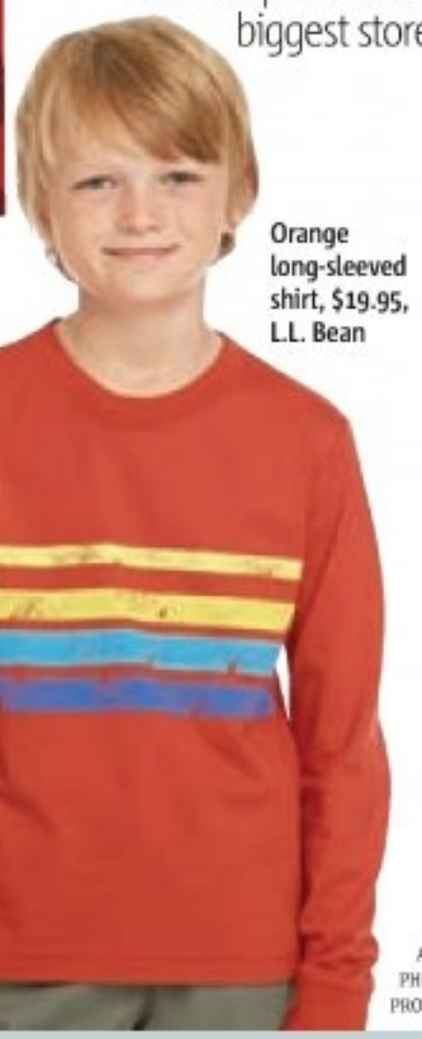
The best back-to-school looks

Summer is almost officially over, and soon school will be back in session. It's natural for kids to be a little nervous on their first day back, but a new outfit will help them feel more confident. When they know they look good, they'll feel good. Here, we round up the best picks from some of the biggest stores. **EMILY LAURENCE**

Red striped T-shirt, $10, Joe Fresh

Dinosaur shirt, $14.90, Uniqlo

Burnt orange jeans, $14.99, H&M



Orange long-sleeved shirt, $19.95, L.L. Bean

Striped top, $14.90, Uniqlo

Solar system pullover, $30, Bodenusa.com

Horse pullover, $10, Joe Fresh

Cargo leggings, $14.99 H&M

ALL PHOTOS PROVIDED

Don't forget shoes!

Start the year off on the right foot

New shoes are one of the best parts of the first day back to school. Remember when everyone tried to keep their new sneaks as clean and white as possible, but by October, it was a lost cause? Luckily, the styles now are more colorful — even metallics are having a moment. We showcase some of the hottest styles here. The best part is they're all very affordable, leaving money left over for sweet school supplies. EL

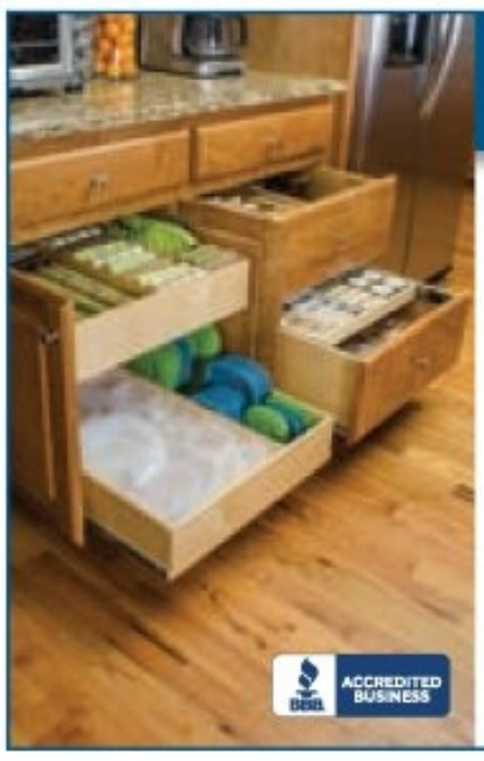
Metallic shoes, $39.90, Zara

Electric blue sneakers, $19-$24.99, Payless

Rock 'n' roll slip-on sneakers, $17.99, Target

Gold sneakers, $19.99, Target

Printed sneakers, $60, Feiyue-shoes.com



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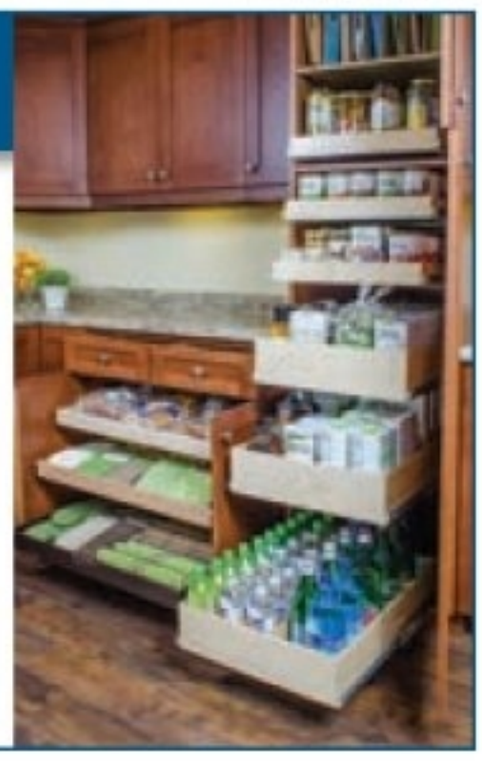

Life lessons from Lyle the Crocodile

Lyle was first introduced in "The House on East 88th Street." / © 1987 BY BERNARD WABER

The exhibit includes original drawings. / © 1970 BY BERNARD WABER

If you go

Lyle, Lyle, Crocodile and Friends: The Art of Bernard Waber

Thursday through Nov. 1
National Museum of American Jewish History
101 S. Independence Mall East
Museum admission $12, kids 12 and under free
215-923-3811
NMAJH.org

Whimsy. A new exhibit at the NMAJH focuses on children's book writer/illustrator Bernard Waber.

Here's something to sink your teeth into: Lyle the Crocodile, made famous in the illustrated books of Bernard Waber, is a Philly crocodile.

"When Waber was in school, he'd go to the Philadelphia Zoo and sketch the crocodiles there," says Shira Goldstein, exhibition coordinator of "Lyle, Lyle, Crocodile and Friends: The Art of Bernard Waber," at the city's National Museum of American Jewish History starting Thursday.

Of course, Waber, a Philly native, would later add certain embellishments to Lyle.

"Lyle is very friendly and he loves Turkish caviar," Goldstein says.

Lyle made his debut in the 1962 book "The House on East 88th Street." A big, benign green fellow not unlike Barney, he appeared in the bathroom of the Primm home and for the next four decades kids and their parents shared his stories.

"The common theme of most of Waber's books are about the challenges and excitement of being a child and growing up," Goldstein says. "It's the lessons you learn growing up, how to value friendship and how to be a good friend.

"Each story has a deeper lesson for children and we as adults should pay attention."

Waber, who died in 2013 at the age of 91, sold more than 1.75 million copies of his 33 books in his lifetime, and Lyle is still on the forefront of the kids lit scene today. It all started in Philly, where Waber was a child of the Depression with a big imagination.

"He would talk about working at the Felton Theatre [on Rising Sun Avenue] as an usher and he would only be able to see the last 15 minutes of each movie, so he would be spend his own time creating the plot that would lead to the conclusion," Goldstein says. "He was a very advanced storyteller."

CHRIS JORDAN
@MetroPhilly
letters@metro.us

The exhibit

Philly roots

Though transplanted to — and primarily associated with — New York, Waber has deep roots in Philly. He attended the Philadelphia College of Art, now part of the University of the Arts, and the Pennsylvania Academy of the Fine Arts.

There are more than 90 items in the exhibit, from Waber's drawing board to original artwork (plus a photo of him in eighth grade at Belmont Elementary in West Philly).

"He often said he was a daydreamer," Goldstein says. "That's evident in his books and stories."

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3 skin myths debunked

Wash your face before you hit the gym. / ISTOCK

Beauty. Dr. Neal Schultz says it's OK to pass out with your makeup on.

Certain skincare practices are fact: Drink tons of water for clear skin, apply sunscreen daily for protection against the sun's harmful rays (and wrinkles!) and exfoliate weekly for a healthy glow. But then there's the advice we follow blindly because our friends, magazines and "beauty experts" swear by it.

We hit up famed NYC dermatologist Dr. Neal Schultz, host of DermTV.com and creator of BeautyRx by Dr. Schultz — who's been in the business for over 30 years — for some real talk.

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

Myth No. 1

Never sleep with makeup on

Before you beat yourself up for falling asleep in layers of contouring foundation that would make Kim Kardashian proud, Dr. Schultz says it's not that big of a deal. "Think about it this way," he explains, "what's the difference between wearing makeup on your skin for the eight hours that you're sleeping as opposed to the 12 hours that you wear it when you get up in the morning at 8 a.m.?" There's really not much of a difference he insists, especially if you sleep on your back. But for your pillow's sake, don't make this a habit.

Myth No. 2

Shaving makes your hair thicker

Most women torture themselves with waxing appointments because they're afraid that shaving causes hair to grow in thicker. "I assure you that it does not," says Dr. Schultz. "A natural, uncut hair has a wispy tip that all new natural hairs have. But the thickness of the hair shaft below the tip is much larger," he explains. "When you shave or cut that hair at the surface, in a few days the hair is going to grow, and when it does, the tip will be rectangular and coarser than the thin wispy tip that you originally had. But the hair shaft is exactly the same thickness as before." The bottom line: "Shaving is not causing those hairs to get any thicker," he says.

Myth No. 3

It's crucial to wash your face post-workout

Yes, you should still always shower or freshen up post-workout. But when it comes to skincare, the most important time to wash your face is right before you hit the gym or do sports. "When you perspire, you tend to wipe your skin, which means you rub in the dirt and the oils that were already there, and that aggravates acne," says Dr. Schultz. His advice: Wash off the dirt before you exercise. "After you've perspired, you've only made water and salt, and water and salt are harmless on the skin," he says.

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Cube #2515 Martin Cayona • Cube #2025 Sylvia Patterson
Cube #2349 Pamela Dulin • Cube #2571 Kelly Ann Murray
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Aries Frustration will develop if you allow others to take control. For safety's sake, all money matters should be dealt with personally.

Taurus You have to be wary, or your trusting nature will end up being a liability. Don't dive into a joint venture until you have done research.

Gemini Slow down, because making a move prematurely will work against you. Listen to what others are saying before you charge ahead.

Cancer You can make progress, provided you don't let greed or emotional issues cloud your judgment. Be realistic about your goals.

Leo Difficult people will pose a challenge for you. Don't let insecurity hold you back. Compromise will help you deal with an argument.

Virgo Brooding at home won't help you get over the blues. Plan a fun activity and try to get out and enjoy life. You might learn something.

Libra A creative project will help distract you from an upsetting personal problem. Try to see your situation rationally to find a solution.

Scorpio The information you gain while traveling will aid you in achieving your professional goals. Don't get drawn into a battle of wills.

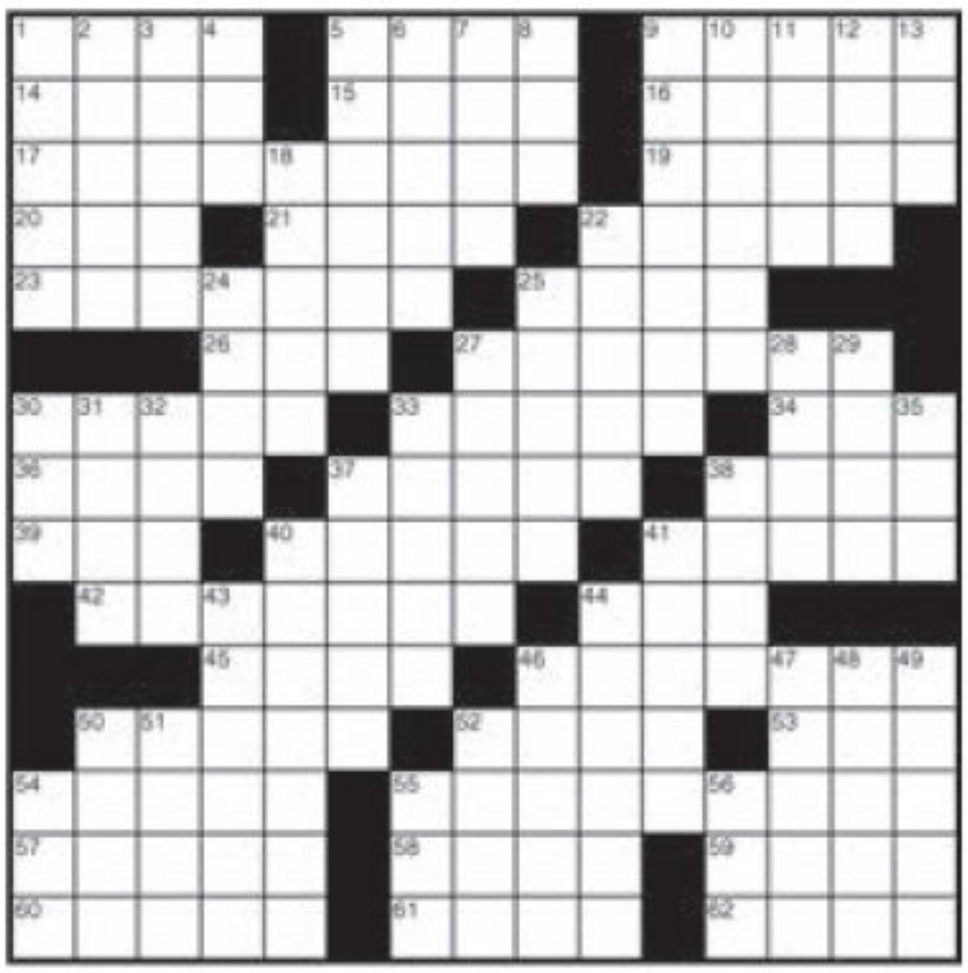
Sagittarius Be true to yourself and fight for what you believe in, no matter what others say or do. Don't let fear of reprisal hold you back.

Capricorn Don't reveal information that will cause others to talk about you. A tumultuous relationship will improve if you are attentive.

Aquarius Revisit an idea you shelved due to a lack of time. Don't choose sides in a battle between relatives unless you want to alienate both.

Pisces A new partnership is likely. Find a reliable person to help you cultivate an innovative project. You will receive support. **EUGENIA LAST**

metro.us/crossword



Across

1 Give a high-five
5 10-4 buddy
9 Seattle's Sound
14 Covers
15 Den or burrow
16 Wife's brother (hyph.)
17 Unaware of
19 Persona non —
20 Herr in Madras
21 Motor lodges
22 Clumps of dirt
23 Regular
25 "The Mammoth Hunters" author
26 Blank space
27 Spotted
30 It may be mounted
33 Mr. Karloff
34 Grade-schooler
36 Lab medium
37 "Cape Fear" star
38 Blondie's shrieks
39 In a snit
40 Accord maker
41 Portfolio item
42 Defy orders
44 Address part
45 Browser bookmarks
46 Mr. Kipling
50 Milk producer
52 Leafless
53 Rock's — Fighters
54 LaBelle or LuPone
55 Not evergreen
57 Standoffish
58 Novelist — Waugh
59 Ponder
60 Jane Fonda's dad
61 Bad cut
62 Implored

Down

1 Walk through puddles
2 Autumn sign
3 Impromptu (hyph.)
4 Tire pressure meas.
5 Gym exercise (hyph.)
6 Kentucky explorer
7 Green-egg layers
8 Legal matter
9 Sow's young
10 Put down a rug
11 Pleased
12 Gourmandizes
13 Pan Am rival
18 Indispensable
22 — pie
24 Disney CEO Bob —
25 Heart outlet
27 Stale
28 Just scrapes by
29 Embankment
30 Toast topper
31 I say!
32 Dry riverbed
33 Ulna and tibia
35 Summer hrs.
37 Selflessly
38 Catch a glimpse
40 Appall
41 Helped out
43 Wooing one
44 Swiss financial hub
46 Hotfoots it
47 Run — of
48 Shake awake
49 Gave medication
50 Broad lowland
51 Nile sun god
52 Composer — Bartok
54 Cry of disdain
55 Mr. Hammarskjold
56 Ref's cousin

For crossword answers, go to **metro.us/crossword-answers**

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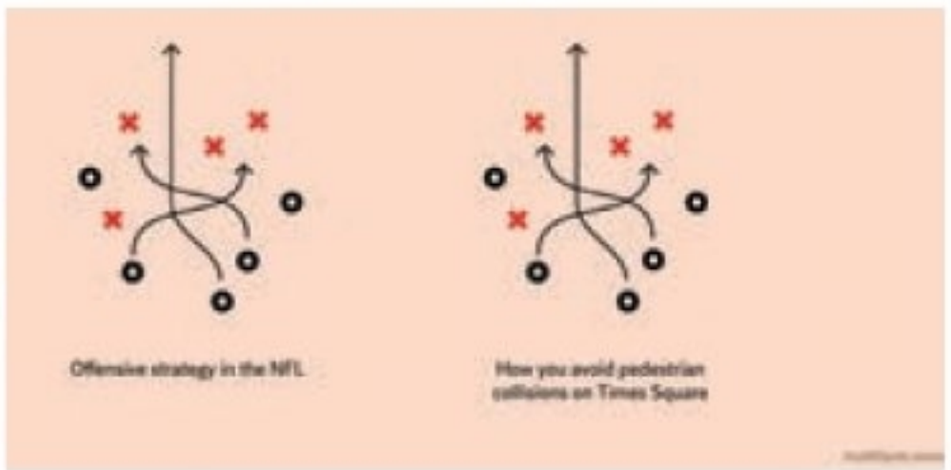

BY WULFF & MORGENTHALER

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easy

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7		1			3	5	6	
	6	4					3	
5	1		4	6				2
9				3				4
4				5	2		1	9
	2					1	8	
	8	9	3			7		6
					8			

hard

		4						
		1	4		7			5
	9		8				7	6
5					2	9		
1	6	2				5	4	7
		9	6					2
7	5				9		3	
9			3		6	7		
						6		

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MAKE HEALTHY YOUR NEW HAPPY

Harness the power of your stress

Stanford prof Kelly McGonigal on making anxiety your back-to-school superpower.

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Kelly McGonigal may be the most excited about back-to-school season.

"I wish all stress were as good as back-to-school stress," the Stanford University professor tells us. "There is some obvious meaning attached to it; it's a perfect opportunity to take a growth mindset because the entire point of one's education is to grow and to learn. All the way from childhood, there's that sense of possibility when a new school year begins."

As a health psychologist and lecturer, she sees stress every day on the pressure cooker that is her campus and spent years telling people how to manage it. But research led her to realize there is a serious mind-over-matter effect when people learned to see their anxiety as an asset, which led to her new book, "The Upside of Stress."

The objective: Give your stress meaning. In trying to ditch the negative connotation of the word, McGonigal created a different definition: "Stress is what arises when something you care about is at stake."

Keep that in mind and follow her tips to step confidently into the new school year.

Draw a mental map

Think about what you want to offer the world, the change that you want to see, and think about how your education is enabling you to be that kind of person. "That makes everything from math problems less boring to making it easier to persevere when you experience academic setbacks," she says.

Set stress goals

Instead of trying to control things you can't — traffic, illness — give yourself stress goals like running a half-marathon or taking a higher-level course. Rather than taxing your resources, this is what will build them up. "I'm always encouraging my students of all ages to think about how they want to develop and what would be a challenging experience that will cause them stress and [to] grow."

Reclaim your energy

See your anxiety before an exam as a resource, rather than a sign that you're gonna blow it, says McGonigal. "You come to understand that your pounding heart means that your body is getting ready to help you rise to the challenge — it means your brain is getting more energy. Kids and adults who release more adrenaline before an exam tend to score higher.

Fear becomes confidence

"People often feel like they don't belong and are often uncertain about their ability to reach their goals. It's exceptionally rare not to have that experience, and it doesn't mean that you're unable to reach your goals," McGonigal says. "That can actually be a positive source of motivation — as you persist, as you survive, that sense of wondering 'Can I do this? Am I right here? Are people looking at me and expecting me to fail?' changes over time."

"One of the biggest mistakes people make is to think the goal is to never experience stress so they teach a lot of strategies for squashing it, like deep breathing. There's nothing wrong with deep breathing, but you don't need to be calm all the time in order to succeed."

Embrace biology

Use homesickness as motivation to connect with people and try new things — it's what it's there for. "We have that experience — the emptiness, the loneliness or feeling overwhelmed — to push us to engage with the world. The biology of loneliness is to increase the hormone in your body that makes you want to be around people. The worst thing you can do is wait for it to go away."

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Get vertical while you work

If you use a computer for any part of your day (or, in the case of most of us, all of your day), it's past time to invest in a standing desk. You'll see returns in better health and mood, not to mention higher productivity.

You've probably heard that sitting is the new smoking, and that's not an exaggeration. Because you're probably not sitting up straight (mom and dad were so wise for being so boring), there is massive pressure on your lower back. When you first sit down, blood flow to your legs slows; sit long enough and circulation in the rest of your body also suffers, depriving you of oxygen and making you feel mentally and physically sluggish.

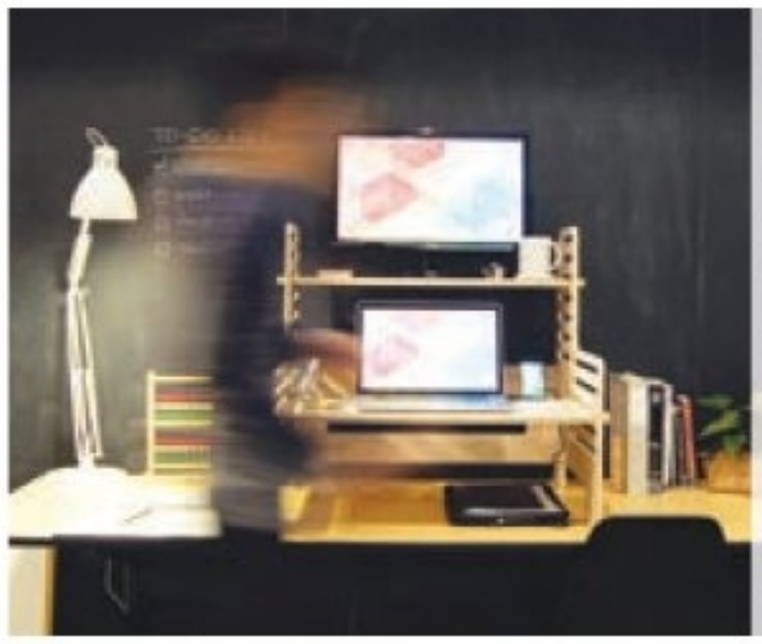
Some doctors have even blamed a recent spike in osteoporosis on the lack of walking and other activities that would strengthen muscles and bones.

You can't fight it by exercising — if you even have the energy. Slouching means your abs aren't working, and your hunched back is cramped and sore and getting less flexible, which makes it more prone to injury. A review of 47 studies that surveyed people about how much they sit and exercise found that even those who worked out for a half-hour to an hour daily only saw a 15 percent reduction in the negative effects of sitting.

So, as we're only spending more time working and playing on computers, it's time to change the way we do it.

There are a couple of key things to keep in mind for making your new workspace ergonomic: Elbows should rest comfortably at your sides, forearms level with or just above the surface on which the keyboard and mouse sit. Tilt your monitor slightly backward and adjust the height so the top third of the screen is eye-level.

As you plan your conversion to the standing life, we rounded up some of the best models for every workspace.



The Upstanding Desk

Wanting a well-engineered desk shouldn't meancompromising on design. The Upstanding Desk will mesh with your bohemian/minimalist/Ikea aesthetic with its Baltic birch wood and slats for a low-tech way to easily adjust both monitor and keyboard. There are no fasteners so it disassembles fast, great if you want to get your desk out of sight when your work is done. $199.99, theupstandingdesk.com

Stand Desk

For customization and ease of use, the Stand Desk is one of your best full-size options. All 60 inches of workspace move up and down with the press of a button. There are color options for the frame and tabletop (bamboo!) plus an optional organizer for your power strip so there's less clutter on the floor. If you choose the Stand Desk, remember that your monitor and keyboard should not be at the same height, so you'll want to get a monitor stand. From $539, standdesk.co

ZestDesk

If the office is wherever you are, the ZestDesk is built to travel with you. Made of aluminium parts to be durable yet lightweight, the ZestDesk folds up into a briefcase for easy transport. The attached monitor stand is adjustable as well, and the feet are capped with rubber so the table beneath won't get scuffed. $351, zestdesk.com

Kangaroo Pro Junior

Setting up and breaking down a standing desk can get annoying, but the Kangaroo Pro Junior adjusts all the way back down to your existing desk's surface, so there's no need to disassemble your workstation to sit down. You can also get detachable work surfaces, in case you need space to drum your fingers. $399, ergodesktop.com

ALL PHOTOS PROVIDED

You're not saving time by eating on the go.

Walking and eating is only making you fatter faster

Eating and walking is not just unhygienic, but it could be making you gain weight. ISTOCK

ELODIE NOEL, MWN
@MetroPhilly
letters@metro.us

We're all trying to do more, and the first thing to be sacrificed in the name of productivity tends to be mealtime. But in the long run, eating while walking will only lead to more hours in the gym to work off extra weight.

According to a new study from the University of Surrey in England, eating while walking leads to more overeating than eating while watching TV or having a conversation with a friend.

"This may be because walking is a powerful form of distraction, which disrupts our ability to process the impact eating has on our hunger," says professor Jane Ogden, the study's lead author. Or, she continues, it may be because we think of walking, even just along a hallway, as a form of exercise that justifies overeating later on as a form of reward.

The British team studied 60 women, both dieters and non-dieters. They were all given a cereal bar to eat under three different conditions. The first group was asked to watch an episode of the TV show "Friends." The second group had to walk along a hallway while eating, and the third group just had to sit opposite a friend and have a conversation.

After eating the cereal bar, participants completed a taste test involving four different bowls of snacks: chocolate, carrot sticks, grapes and potato chips. The results showed that the walking dieters ate five times more chocolate at the taste test.

"Even though walking had the most impact, any form of distraction, including eating at our desks, can lead to weight gain," Ogden warns. "When we don't fully concentrate on our meals and the process of taking in food, we fall into a trap of mindless eating where we don't track or recognize the food that has just been consumed."

"Any form of distraction, including eating at our desks, can lead to weight gain."

Jane Ogden, professor

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3 SPORTS

Jenkins speaks out

Eagles safety defends Suggs

Want a defensive player's perspective on Terrell Suggs' "read option" hit on Sam Bradford? Well, according to Malcolm Jenkins, the Ravens were just playing the percentages against the Eagles Saturday. "If I'm playing the Patriots, everybody knows that Tom Brady's not running the zone read," Jenkins said. "So it'll get called different than an offense where 50 percent of our snaps are zone read. So I think there's a little bit of discretion in there." Jenkins went on to say: "If I take myself out of an Eagles uniform, I'd probably do the same thing [as Suggs]."

MACNOW: GLIMPSE OF BIRDS' OFFENSE IS IMPRESSIVE

The term "hope and change" may have a polarizing effect, but, in Philadelphia sports, it's the best thing we've got going.

You glimpsed it in the Eagles' 40-17 win Saturday night over the Ravens, at least if you arrived on time to the practice game. In new QB Sam Bradford's only drive, the offense pushed the Ravens' stout defense 84 yards in four minutes and could have shoved them right into the Delaware River if Chip Kelly wasn't satisfied with Ryan Mathews' 14-yard TD scamper.

Call it a preview of what a sports-science-healthy green offense should provide. In a dozen plays, Kelly featured all three of his flashy running backs, plus passes to Nelson Agholor, Josh Huff and Jordan Matthews — three wideouts with a combined experience of two seasons.

There were four separate personnel packages and plays designed for seven different targets. The closest Baltimore got to stopping the parade came when Terrell Suggs laid a cheap shot on Bradford's knee. That dirty play, of course, could have ended the show before opening night and may have contributed to Chip signaling in the second-teamers as soon as Ryan Mathews broke the goal line.

Bottom line: That first drive — even with a rusty Bradford — is exactly what the Eagles plan to be this season. I never take too much out of a preseason game, but that was a damned impressive four minutes.

The Eagles' offense has been impressive through two preseason games. / ALL PHOTOS GETTY IMAGES

THE SPORTS PROFESSOR
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Macnow on the Phillies

Phillies' future looking bright

The Phils' hope is more distant, but change is finally occurring. Aaron Nola threw a gem of a three-hitter Sunday. It capped a week in which newcomer Aaron Altherr cranked two homers, Darnell Sweeney added one, and pitcher Jerad Eickhoff won a game before Cole Hamels — the guy he was traded for.

It's way too early to say which, if any, of these youngsters becomes part of the Phils' future (well, Nola seems a sure bet). But at least now there are players you can follow who may be here when the Phils climb back into the first division. Another half-dozen or so are ripening in the system.

So there's hope.

GLEN MACNOW

Aaron Nola

So long Chase...

Two final thoughts on the departed Chase Utley, to show his grit and his popularity:

- Utley finished his Phillies career getting plunked by 173 pitches, nearly twice as many as the next guy in franchise history. Those weren't just accidents; it was a strategy. Utley crowded the plate and when a fastball sailed in, he would simply turn his back and take one in the ribs — silently, stoically, of course. All those bruises added an amazing 21 points to his career on-base percentage. Even as it sent trainers scouring for Tylenol, it brought much more value to his great career.

- I know three couples who named their son Chase in the past decade. None was a family legacy. You probably know as many. Did I miss the birth announcements for all the baby Donovans and Coles and Bubba Chucks? Yes, this is an unscientific poll, but if a measure of popularity is how well a man's name endures after he's gone, my straw poll says Chase Utley is the winner.

NFL. Kelly disagrees with NFL's officiating head Blandino on Suggs' low hit on Bradford

Chip Kelly said that the hit Sam Bradford took from Terrell Suggs Saturday — the one that nearly reinjured the Eagles' quarterback's surgically repaired knee and was flagged for roughing the passer — was not a read option pass.

Why does this matter?

Well, the NFL's head of officiating, Dean Blandino, earlier on Monday stated that the hit from Suggs, one directed at Bradford's lower body after a handoff, was a legal hit.

"If the quarterback has an option, he's considered a runner until he either clearly doesn't have the football or he reestablishes himself as a passer," Blandino said. "So it's not a foul by rule."

Kelly said he agreed with the penalty called on the field Saturday.

However, according to Kelly, Bradford did not have an option and was clearly not a runner on the play.

"Not every shotgun run is a zone-read play," Kelly said. "We don't run as much zone read as everyone thinks we do. He wasn't reading anything; he was just handing it off."

With Bradford's mobility understandably a little slow to develop as he recovers from his second ACL repair, it seems logical that Kelly wouldn't have the quarterback running during his first preseason action against a live defense.

"The only person we've run zone read with this offseason was Timmy [Tebow]," Kelly said. "Sam wasn't going anywhere. If you watch it, he was handing the ball off."

When asked about the hit after the 40-17 decision (in the Eagles' favor) Saturday night, Suggs made it clear he believed that Bradford was a runner with an option when he lunged toward his opponent's knees. So if Suggs got the call wrong, and Blandino couldn't distinguish the play call, isn't there a problem?

"I think it would be troubling for the league if every quarterback in the shotgun could be hit," Kelly said. "We know the rules. If our quarterback hands the ball off and isn't going anywhere, you shouldn't be able to hit him. If they want to get into that, they can get into that."

EVAN MACY

Quoted

"We can put him in a glass case. He has to go out and play football. We didn't call any designed runs for Sam if that's the question."

Chip Kelly, when asked his opinion on keeping Sam Bradford healthy and the questionable hit he took from Terrell Suggs Saturday.

Sanheim adding muscle, eyes spot on Flyers' roster

NHL. The Flyers' top pick from 2014 has gotten bigger and stronger in his trek to make it to the NHL.

Sanheim has been potent offensively in the WHL. / GETTY IMAGES

Travis Sanheim received a quick introduction to the NHL. The Flyers' 2014 first-round pick (17th overall) was bumped, checked, pushed and shoved off the puck and around the net like he had never experienced during the team's training camp last year.

After getting sent to the Western Hockey League, Sanheim knew that if he was going to improve or even have a chance at making the Flyers in the near future, he needed to get bigger.

"After I got drafted, I came to [training] camp, and I was playing against men," Sanheim said at last month's Flyers Development Camp. "My lack of size was hurting me."

Sanheim made it his top priority and has spent the entire year committed to adding strength. He hit the gym any chance he got, especially on off days during the season in the WHL. Despite playing a lot of minutes and dealing with a hectic travel schedule, Sanheim increased his weight.

He took one week off after the season but hasn't missed a beat the entire summer. Listed at 6-foot-3 and 189 pounds when he was drafted, the 19-year-old said he was over 200 pounds at Development Camp, held in early July.

"I feel a big difference from this year over last year," Sanheim said. "I can control guys more and can play stronger. One-on-ones are a lot easier for me. Hopefully, that continues and gets better as well."

In 67 games with the Calgary Hitmen, Sanheim scored 15 goals, added 50 assists and was selected as one of 40 players for Canada's World Juniors camp. His stock is clearly rising, and he is considered one of the top prospects in the organization.

"I want to finish the summer off strong and put on more strength and come into Flyers camp and have the best opportunity I can," Sanheim said. "If I have to go back to Calgary, it will not be a disappointment to me, but I want to give myself the best opportunity to make the Flyers — and not just for this year but going forward for years to come."

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Eagles offense: Who will make the 53-man roster?

NFL. We take an early guess at who will still be with the Eagles when training camp breaks.

With two preseason games behind us, we're coming up fast on the time of year when the Eagles have to start whittling down the roster: to 75 men by Sept. 1st and to the final 53 by the 5th.

And while we'll know a lot more after the games against the Packers and Jets, it's safe to say we already know a good bit more than we did when OTAs began.

We know three roster spots are going to Cody Parkey, Donnie Jones and Jon Dorenbos, barring injuries.

That leaves 50 to split among the offense and defense. Here's a look at where the landscape of the offense's personnel currently lies.

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The battle to be QB 3

Sam Bradford, Mark Sanchez, Tim Tebow

The choice here is between Tebow and Barkley. With neither dazzling on the field, each brings strengths and weaknesses. And while Barkley has thrown the ball and played better in the preseason so far, Tebow shows he can be a dynamic runner and a Swiss army knife on the field.

Four-headed monster

DeMarco Murray, Ryan Mathews, Darren Sproles, Kenjon Barner

The top three are set; the question is whether the Eagles carry a fourth running back. Barner certainly staked his claim to the role Saturday after his second punt-return touchdown in as many weeks showed he could be a contributor on special teams as well as a backup for the three big names ahead of him.

The Eagles boast a deep and talented group of running backs who will split duties. / ALL PHOTOS GETTY IMAGES

Final offensive line will see some new faces

Jason Peters, Allen Barbre, Jason Kelce, Andrew Gardner, Lane Johnson, Matt Tobin, John Moffitt, David Molk

You'd like to see a few more names here, and there could well be when all is said and done. The Eagles hardly seem like an organization ready to prize positional need over talent and production.

Add to that one of the few strengths of the Eagles' offensive line depth — the players' versatility to play several positions — and you could see a less numerous offensive line group than we're used to.

For what it's worth, Andrew Gardner seems to be taking the lead in the competition for right guard. He's spent the most time there in practice and started at the position twice.

JASON KELCE IS ONE OF THE TOP CENTERS IN THE ENTIRE NFL.

Youth, veterans combine at WR

Nelson Agholor, Jordan Matthews, Riley Cooper, Josh Huff, Miles Austin, Seyi Ajirotutu

Ajirotutu's special teams experience will probably lock down the final roster spot at wide receiver over local product Rasheed Bailey.

Quartet could make team at tight end

Zach Ertz, Brent Celek, Trey Burton, Eric Tomlinson

Tight end is another position where the top three are set, and the Eagles will need to decide if they want to carry a fourth player. For what it's worth, they did last year. Tomlinson's blocking has been praised (which might mean the offensive line's woes are his gain), and he led the Eagles in catches and receiving yards against the Colts in their first preseason game with five catches for 61 yards. Ertz's injury (groin) could also help Tomlinson nab a roster spot as the season opens.

ZACH ERTZ'S INJURY COULD GIVE BRENT CELEK MORE CHANCES OFFENSIVELY.

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The STEADi (Study To Evaluate an Adolescent Depression Investigational drug) clinical research study is being done to find out if an investigational drug is safe and if and how well it works for adolescents who have major depressive disorder (MDD). The study will last for about 10 weeks and there will be about 9 study visits. Study participation is voluntary.

You may be eligible to join the study if you:

- Are 12 to 17 years old
- Have been diagnosed with MDD or have been having feelings of depression for at least the past 6 weeks

To learn more:

PRAHEALTHSCIENCES
1-888-682-2579

STEADi

Have you or a loved one been diagnosed with schizophrenia?

If so, contact us today to learn about clinical research studies of investigational schizophrenia medications for adults ages 18 to 65.

Qualified participants receive
all study-related medical care and investigational medication at no cost.

Qualified participants may receive
total compensation ranging from $3,000 to $10,000 for time and travel.

For more information, call toll-free **1.888.442.9012**

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